

# Swimming

## Spring Swimming

The City of Huntington Beach is pleased to offer a complete Spring swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are well trained and enthusiastic. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. All classes are held at the City Gym and Pool located at 1600 Palm Ave. Classes consist of ten lessons unless otherwise specified.

**Fee: All classes are \$45 per 10 class session unless otherwise noted.**  
**No class May 30.**

### SWIM LEVELS

**Parent/Child (PM):** 6 months-3 years. Promotes comfort, safety and enjoyment in and around the water. One child per adult.

**Tiny Tot (TT):** 4, and 5 years. Introduces swimming and water safety skills to children of preschool ages.

**Level 1 (L1):** Water Exploration: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.

**Level 2 (L2):** Primary Skills: Ages 6 and up. Students are introduced to the front and back crawl.

**Level 3 (L3):** Stroke Readiness: Must hold level 2 certificate or have equivalent skills. Students refine the front and back crawl and are introduced to the butterfly-kick.

**Level 4 (L4):** Stroke Development: Must hold level 3 certificate or have equivalent skills. Students will be introduced to the breast stroke, elementary backstroke and butterfly.

**Exceptional Swim:** Designed for participants with any disability. This is a supervised, non-instructional swim time.

**Adult Lessons:** Adults will improve swimming skills and learn new skills.

### Swim Level Testing

Have your child tested for swim level placement. Please call the City Gym and Pool to schedule an appointment during these hours:



**Monday, February 28 7-8 pm**  
**Wednesday, March 2 7-8-pm**

### Senior Citizen Swim

Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

**City Gym Pool 3:30-5pm F \$2**

### LIFEGUARDING

Become a Red Cross certified Lifeguard. This class teaches rescue techniques and safety precautions. Successful students will receive Lifeguarding, CPR for the Professional Rescuer, and First Aid certification. Additional fees for Red Cross manuals/equipment. For more information, please call (714) 960-8884.

8 City Gym Pool Staff, Aquatics  
**519.201 16yrs to 99yrs 03/25 - 03/27 F Sa Su \$99**

### WATER SAFETY INSTRUCTOR

Become a Red Cross certified swimming instructor. This class teaches swim instruction techniques and safety precautions. Successful students will receive water safety instructor certificates. Students are required to demonstrate proper swimming form to complete the course. There will be an additional fee for Red Cross manuals. Must attend all classes. Call (714) 960-8884 for more information.

City Gym Pool Staff, Aquatics  
**8518.201 16yrs to 99yrs 04/01 - 04/10 F Sa Su \$99**

## Swimming

# SPRING 2011 SWIM SCHEDULE

**Fees: \$45 per 10-class session unless otherwise noted.**

**All classes held at City Gym and Pool, 1600 Palm Ave.**

**All lessons are one half hour. No class on May 30.**

Time	Mon/Wed 3/28-4/27	Tues/Thurs 3/29-4/28	Mon/Wed 5/2-6/6	Tues/Thurs 5/3-6/2	Saturday 4/2-6/4
8:00					8502.205 L1
8:30					8503.206 L2
9:00					8501.233 TT
9:30	8501.201 TT	8501.208 TT	8501.217 TT	8501.224 TT	8501.234 TT
10:00	8501.202 TT	8501.209 TT	8501.218 TT	8501.225 TT	8500.207 PM
10:30	8500.201 PM	8500.202 PM	8500.204 PM	8500.205 PM	8501.235 TT
11:00	8501.203 TT	8501.210 TT	8501.219 TT	8501.226 TT	8500.208 PM
11:30		8501.211 TT		8501.227 TT	8501.236 TT
12:00		8501.212 TT		8501.228 TT	8501.237 TT
12:30					8504.204 L3 8505.203 L4
2:00	8501.204 TT	8501.213 TT	8501.220 TT	8501.229 TT	
2:30	8501.205 TT	8501.214 TT	8501.221 TT	8501.230 TT	
3:00	8501.206 TT	8501.215 TT	8501.222 TT	8501.231 TT	
3:30	8502.201 L1	8502.202 L1	8502.203 L1	8502.204 L1	
4:00	8503.201 L2	8503.203 L2	8503.204 L2	8503.205 L2	
4:30	8503.202 L2	8504.201 L3	8504.202 L3	8504.203 L3	
5:00		8504.205 L3		8504.206 L3	
5:30		8505.201 L4		8505.202 L4	
6:00		8500.203 PM		8500.206 PM	
6:30	8501.207 TT	8500.209 PM	8501.223 TT	8500.210 PM	
7:00		8501.216 TT		8501.232 TT	
7:00-8:00	<b>Recreation Swim \$2</b>		<b>Recreation Swim \$2</b>		
7:30		8507.201 Exceptional Swim \$18		8507.202 Exceptional Swim \$18	
8:00	<b>Adult Fitness 8-8:30 PM \$2</b>	8508.201 Adult Lessons	<b>Adult Fitness 8-8:30 PM \$2</b>	8508.202 Adult Lessons	